

PHYSICAL AND HEALTH EDUCATION

JUNIOR SECONDARY SCHOOL (JSS 1)

FIRST TERM

WEEK	TOPICS/CONTENTS
1.	MEANING OF PHYSICAL EDUCATION I. Purpose of Physical Education II. Meaning of Health Education III. Differences between Physical Education and Health Education IV. Scope of Physical Education.
2.	PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES I. Meaning of Physical Fitness II. Components of Physical Fitness III. Health related Components
3.	CHARACTERISTICS OF A PHYSICAL FIT PERSON Importance of Physical fitness
4.	EXERCISE TO DEVELOP STRENGTH, ENDURANCE AND FLEXIBILITY List appropriate Exercises to Develop the different Components of Physical Fitness
5.	SAFETY PRECAUTIONS WHILE PERFORMING EXERCISES
6. 7.	PERSONAL, SCHOOL AND COMMUNITY HEALTH I. Determinants of Health (Hereditary, Environment, Lifestyle)

II. Characteristics of a Healthy Person

8. MEANING OF SEWAGE AND REFUSE

9. METHODS OF SEWAGE DISPOSAL

Methods of Refuse Disposal

10. SOURCES OF WATER SUPPLY

11. | 13. REVISION AND EXAMINATION

PHYSICAL AND HEALTH EDUCATION

JUNIOR SECONDARY SCHOOL (JSS 1)

SECOND TERM

WEEK	TOPICS/CONTENTS
1.	REVISION OF LAST TERM'S WORK Sources of Water
2.	CONTACT AND NON CONTACT SPORT I. Definition of Contact and Non ContactSports II. Examples of Contact Sports – Wrestling, Judo, etc.
3.	EXAMPLES NON CONTACT SPORTS Gymnastics and Swimming.
4.	BENEFITS OF CONTACT AND NON CONTACT SPORTS
5.	BASIC SKILLS AND TECHNIQUES IN CONTACT AND NON CONTACT SPORTS Safety Measures in Contact and Non Contact Sports
6.	PATHOGENS, DISEASES AND THEIR PREVENTION I. Diseases caused by Pathogens (List, Difference and Types of Disease) II. Disease Preventive Measures – Adequate Nutrition and Exercise III. Clean Environment - Use of Safe Water, ProperDisposal of Refuse and Sewage, Seeking and getting Treatment on Time, Good Hygiene, Immunizations, GoodVentilation, Health Education and Vaccination.

7. | 8. FOOD, NUTRITION AND HEALTH

- I. Meaning of Food (Explain the Meaning of Food and Nutrition)
- II. Different Types of Food
- III. Classes of Food

9. IMPORTANCE OF FOOD NUTRIENTS

Classes of food – Carbohydrate, Protein, Fats and Oil, Minerals and Salts, Vitamins and Water.

10. FUNCTIONS OF VARIOUS CLASSES OF FOOD

11. | 12. REVISION AND EXAMINATION

PHYSICAL AND HEALTH EDUCATION

JUNIOR SECONDARY SCHOOL (JSS 1)

THIRD TERM

WEEK	TOPICS/CONTENTS
1.	REVISION OF LAST TERM'S WORK RECREATION, LEISURE AND DANCE ACTIVITIES I. Meaning of Recreation, Leisure and Dance II. Differences between Dance, Leisure and Recreation III. Benefits of Recreation and Dance - Refreshment of both Body and Mind, Create over values of skills Learnt in Physical Education classes, Create Room for Fun and Employment, Promotion of Mental Alertness, Social and Emotional Stability.
2.	IMPORTANCE OF FOOD I. Eliminate Hunger II. Provide Energy for various Physical Activities III. For Healthy Living, etc.
3.	ATHELETICS (TRACK AND FIELD) I. Shot Put, Draw and Label the Sectors of Shot Put, Discus with Dimensions II. Define Athletics III. The Rules governing the Game of Discus and Shot Put
4.	BASIC SKILLS AND TECHNIQUES IN THE FOLLOWING EVENTS Shot Put I. Safety Measures in Shot Put II. The Benefits of taking part in Athletics

5. EXECUTION OF BASIC SKILLS AND TECHNIQUES IN SHOT PUT

Carriage, Stance, Throw, Follow through

Shot Put - Grip, Stance, Put, Follow through

6. BALL GAMES –VOLLEYBALL

I. History of Volleyball

II. Basic Skills and Techniques in Volleyball

III. Application of the Rules and Regulations Governing Volleyball

IV. Officials of Volleyball and their Functions

V. Facilities and Equipment

VI. Common Injuries in Volleyball

7. | 8. PRACTICAL PERFORMANCE OF VOLLEYBALL

9. BALL GAMES– SOCCER

I. History of Soccer

II. Basic Skills and Techniques in Soccer

III. Application of the Rules and Regulations Governing Soccer

IV. Officials of Soccer and their Functions

V. Facilities and Equipment

VI. Common Injuries in Soccer

10. PRACTICAL PPERFORMANC OF SOCCER

11 – 12. REVISION AND EXAMINATION